



Pool Schedule Winter/Spring 2014

January 6 - May 24 (Schedule subject to Change)

		River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
		Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
MONDAY		Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 8:30 pm	Open 3:00 pm - 8:00 pm		Adult Swim Lessons 7:15 - 8:00 pm
		Adult Only 8:00-9:00 am	Arthritis Foundation 9:00 - 10:00 am		Closed 8:00 - 8:30 pm		
		Closed 9:00-10:30 am	2 Lanes Available 10:00-1:00 pm				
		Hydro Pump 9:30-10:30 am	Open Swim 1:00 - 4:00 pm				
		Closed 10:30 am - 11:15 am	Water Zumba 4:00 - 5:00 pm				
		Open Swim 11:15 am - 8:30 pm	2 Lanes 5:00 - 6:00 pm				
			H2O Aerobics 6:00 - 7:00 pm				
			1 Lane Available 7:00 - 8:30 pm				
TUESDAY		Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 7:00 pm	Swim Lessons 9:30 - 10:45 am
		Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 3:50 pm	Open 3:00 - 3:50 pm	Open 7:00 - 8:00 pm	Masters Swim 12:00 - 1:00 pm
		Adult Only 8:00-9:00 am	Low Impact 9:00 - 10:00 am	Closed 3:50 - 6:45 pm	Closed 3:50 - 6:45 pm	Closed 8:00 - 8:30 pm	Swim Lessons 4:00 - 6:30 pm
		Closed 9:00-11:15 am	Deep Water 9:30 - 10:00 am	Open Swim 6:45 - 8:30pm	Open 6:45 - 8:00 pm		
		Hydro Pump 10:00-10:30 am	2 Lanes Available 10:00 am - 12:00 pm		Closed 8:00 - 8:30 pm		
		Open Swim 11:15 am - 3:50 pm	Master Swim Only 12:00 - 1:00 pm				
		Closed 3:50 - 7:00 pm	Open Swim 1:00 - 4:00 pm				
		Hydro Pump 6:00 - 7:00 pm	1 Lane Available 4:00 - 7:00 pm				
WEDNESDAY		Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 8:30 pm	Swim Lessons 9:00 - 11:15 am
		Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 8:30 pm	Open 3:00 pm - 8:00 pm		Merit Badge 7:00 - 8:30 pm
		Adult Only 8:00-9:00 am	Arthritis Foundation 9:00 - 10:00 am		Closed 8:00 - 8:30 pm		Second Wednesday of the month
		Closed 9:00-10:30 am	2 Lanes Available 10:00 am - 1:00 pm				
		Hydro Pump 9:30-10:30 am	Open Swim 1:00 - 4:00 pm				
		Open Swim 11:15 am - 8:30 pm	Water Zumba 4:00 - 5:00 pm				
			2 Lanes Available 5:00 - 6:00 pm				
			H2O Aerobics 6:00 - 7:00 pm				
THURSDAY		Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:15am	Closed 5:30 am - 3:00 am	Closed 5:30 am - 7:00 pm	Swim Lessons 9:30 - 10:45 am
		Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:15 am - 3:50 pm	Open 3:00 - 3:50 pm	Open 7:00 - 8:00 pm	Masters Swim 12:00 - 1:00 pm
		Adult Only 8:00-9:00 am	Low Impact 9:00 - 10:00 am	Closed 3:50 - 6:45 pm	Closed 3:50 - 6:45 pm	Closed 8:00 - 8:30 pm	Swim Lessons 4:00 - 6:30 pm
		Closed 9:00-11:15 am	Deep Water 9:30 - 10:00 am	Open Swim 6:45 - 8:30pm	Open 6:45 - 8:00 pm		
		Hydro Pump 10:00-10:30 am	2 Lanes Available 10:00 am - 12:00 pm		Closed 8:00 - 8:30 pm		
		Open Swim 11:15 am - 3:50 pm	Master Swim Only 12:00 - 1:00 pm				
		Closed 3:50 - 7:00 pm	Open Swim 1:00 - 4:00 pm				
		Hydro Pump 6:00 - 7:00 pm	1 Lane Available 4:00 - 6:30 pm				
FRIDAY		Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 9:00 am	Closed 5:30 am - 3:00 pm	Closed 5:30 am - 3:30 pm	
		Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim/No features 9:00 - 10:00 am	Open 3:00 - 6:00 pm	Open 3:30 - 4:00 pm	
		Adult Only 8:00 - 9:30 am	Arthritis Foundation 9:00 - 10:00 am	Open swim 10:00 am - 6:30pm	Closed 6:00 - 6:30 pm	Closed 4:00 - 6:30 pm	
		Hydro Pump 9:30 - 10:30 am	2 Lanes Available 10:00 am - 1:00 pm				
		Open Swim 10:30 am - 6:30 pm	Open Swim 1:00 - 4:00 pm				
			2 Lanes Available 4:00 - 6:30 pm				
SATURDAY		Adult Only 7:00 - 8:00 am	Master Swim Only 7:00 - 8:00 am	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 1:00 pm	Masters Swim 7:00 - 8:00 am
		Hydro Pump 8:00 - 9:00 am	3 Lanes Available 8:00 - 9:00 am	Open Swim 12:00 - 6:30 pm	Open 12:00 - 6:00 pm	Open 1:00 - 3:00 pm	Swim Lessons 9:00 am - 12:00 pm
		Closed 9:00 am - 12:00 pm	1 Lane Available 9:00 am - 12:00 pm		Closed 6:00 - 6:30 pm	Closed 3:00 - 6:30 pm	
		Open Swim 12:00 - 6:30 pm	2 Lanes Available 12:00 - 1:00 pm				
			Open Swim 1:00 - 6:30 pm				
SUNDAY		Adult Only 8:00 - 10:00 am	2 Lanes Available 8:00 - 10:00 am	Closed 8:00 - 10:00 am	Closed 8:00 - 10:00 am	Closed 8:00 am - 12:00 pm	
		Open Swim 10:00 am - 5:30 pm	Open Swim 10:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 12:00 - 2:00 pm	
						Closed 2:00 - 5:30 pm	

SWIMMING LESSON CLASS DESCRIPTIONS

Parent & Child Level 1 (ages 6 months - 24 months)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 months - 3 years)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 months - 3 years)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

Preschool I (Ages 3-5)

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Pre-requisite: Child must be ready to participate in a group setting.

Preschool 2 (Ages 3-5)

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Pre-requisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Preschool 3 (Ages 3-5)

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Pre-requisite: Pass Preschool 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 1: Introduction to Water Skills (Ages 6+)

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Pre-requisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills (Ages 6+)

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Pre-requisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Level 3: Stroke Development (Ages 6+)

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Pre-requisite: Pass Level 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 4: Stroke Improvement (Ages 6+)

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Pre-requisite: Pass Level 3 OR Swim 15 yards of front crawl with rotary breathing.

WATER AEROBICS CLASS DESCRIPTIONS

H2O Aerobics: Join us for a total body workout that will physically challenge you!

You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

Hydro Pump: This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

Arthritis Foundation Water Exercise: Nearly 46 million Americans have been diagnosed with a form of arthritis. Come join our Arthritis Foundation water exercise classes which are designed to keep joints moving, reduce joint pain, restore and preserve strength, flexibility, and protect joints against further damage.

Low Impact/Low Intensity & Pre/Post Natal Class: Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization.

Hydro Pump / Deep Water Combo: This comprehensive workout will be in two parts. For half the class you will workout in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles and more to provide a challenging and exciting workout. The other half you move to the deep end of the pool and continue working cardiovascular fitness, flexibility, strength, muscle tone and increase fat burning. Flotation devices (hand buoys, belts and noodles) provide stability and flotation in deep water; however, you should feel comfortable in deep water.

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

MORE INFORMATION...

Swim Lesson Registration Dates:

	Resident	Non-Resident
January	November 16	November 23
February	January 18	January 20
March	February 15	February 17
April	March 15	March 17
May	April 19	April 21

Swim Lesson Session Dates:

	Monday/Wednesday AM	Tuesday/Thursday AM & PM	Saturday AM
January	Jan 6— Jan 29	Jan 7— Jan 30	Jan 11—Feb 15
February	Feb 3—Feb 26	Feb 4—Feb 27	Feb 22—Mar 29
March	Mar 3—Mar 26	Mar 4—Mar 27	
April	Apr 7—Apr 30	Apr 8—May 1	Apr 12—May 17
May	May 5—May 21	May 6—May 22	

Aquatics Contacts:

Karen Newlon, Aquatics Coordinator at 303.926.2562

Matt Brown, Head Lifeguard at 303.926.2563

Avalon Mays, Head Lifeguard at 303.926.2567

To register for swim lessons visit
www.erieparksandrec.com or visit Guest Service.